

City of the day report

Instructions & attached files

Thank you for helping us with the podcast! The city of the day report is a short summary to have an overall idea of the accessibility of a city (we will mostly focus on physical accessibility), so, **even if you don't know much about accessibility don't worry, as long as you live or have lived in the city, you will be able to do a helpful report.**

Once you have your report ready for your chosen city, **please send it to contact@troublewithme.com with the following title "Trouble with Me: City of the day report"**. You may also use our [Google Form version](#) for the purpose.

The podcast section for the "City of the day" will last around 3-5 minutes, so your report doesn't need to be long (**each section can range from 2 to 15 lines, so anything will be useful**). During the podcast, a summary will be made, but the whole report will be available on-line on the podcast's website.

Along with the answers, please send us 1-2 audio recordings of your city (for example, subway announcements, train tracks, ambience at a local market, the sea, the beeping of traffic lights, etc.). Unfortunately, audio with a lot of background noise will not be added to the podcast.

Each audio file can last **between 20 and 60 seconds**. The accepted audio formats are **MP3, WAV, AIFF** or AAC.

You can also attach 1 cover picture of the city (in JPG format) that will be uploaded to the podcast's website.

As a summary, please, **fill the following table with the information on the attached files**. If sending them as e-mail attachments doesn't work for you, you can also send us a download link to WeTransfer or any other file sharing system.

Name of the file	Where was it taken?	What are we hearing / seeing?
(e.g. osaka-1.mp3)	(e.g. inside the elevator of Abeno Harukas building)	(e.g. background music from the elevator and elevator staff giving instructions)
(e.g. osaka-transport.mp3)	(e.g. at Shin Osaka station)	(e.g. loudspeakers announcing the arrival of a Shinkansen)
(e.g. osaka-cover.jpg)	(e.g. at Shinsekai neighborhood)	(e.g. Tsutenkaku tower, one of the most famous places in Osaka)

Personal information (so that we can present yourself to the audience)

- **Name and pronouns:**
- **City and country:**
- **E-mail** (just in case we needed to contact you):
- **Social media handles** (optional): (e.g. Twitter, Instagram, TikTok, Twitch, your personal site's URL, etc. We would share them on our podcast's website).
- **Your accessibility needs or how are you related to accessibility** (optional): Max. 1 line (e.g. me and my crutches appreciate not to walk long distances; I'm an accessibility consultant; my mother is a wheelchair user and we travel together all the time; nothing in particular, I just happen to listen to your blog).
- **Anything that you want to add** (optional): Max. 1 line (e.g. I love ice-cream; I've got a travel blog named "To wheel or not to wheel"; my dog loves your show).

General information of the city

- **Name of the city and country:** (e.g. Osaka, Japan).
- **Description: 1 to 3 lines** (e.g. the second biggest in Japan, Osaka is a bustling city that blends old and new in a chaotically charming way. It is also known for its tasty and affordable cuisine and for its steam-punk vibes around Dotonbori canal and Shinsekai).

Transportation

In general terms, is transportation accessible in your city (**2 to 15 lines**). You can comment on main means of transport that your chosen city has, such as bus, subway, train, tramway, taxi, Uber and the likes, etc., and share useful tips about moving around.

- **Interesting things to know are:** % of stations that are wheelchair accessible, if staff needs to help you to access the means of transport with ramps, etc., if such assistance needs to be booked in advance, if there is reserved seating, if there are elevators but there is a likely chance that they may not work, if even if there are elevators there's still a step or a gap to access the train, if there is tactile pavement in the stations, if next stops and incoming transports are announced via loudspeakers, etc.
- **Example:** Subway is 100% wheelchair accessible with help from the staff (tell staff near platform access gates your destination and transfers, if any, and you're all set; the process is very fast) and has reserved seating for disabled and elderly people. Anyone needing help to get to the platform or board the train can ask for assistance (assistance will also be waiting when getting off). Never found an elevator that didn't work. Tactile pavement in all subway stations both on aisles, entrances and platforms. Bus is also 100% accessible with manual ramps deployed by the driver. Accessible taxis need to

be specifically booked as there are just a few. Train and monorail stations are also 100% wheelchair accessible (with the aforementioned staff assistance) and have tactile pavement, however wheelchair spots and assistance need to be booked in advance for long distance trips. Most train stations also have accessible toilets and most of them have sockets that may be useful to charge a mobility device. Tramway is mostly inaccessible, but you can get mostly anywhere by subway, train, monorail or, otherwise, by bus. Next stops are announced both on trains, subways, monorail and buses, but few bus stations have loudspeakers for incoming bus line announcements.

- **Score:** Overall score for transportation accessibility from 1 to 5 (e.g. 5; even though it's not perfect, comparing it to other cities, transportation accessibility in Osaka is, without a doubt, in the top tier).

Streets

How accessible and disability friendly are the streets in your city (**2 to 10 lines**). If there's a huge difference between the city center and other areas in your city, you can tell about both separately.

- **Interesting things to know are:** Most crossing have curb cuts or not, type of pavement on sidewalks and streets (small tiles, big tiles, concrete, cobblestone, etc.), state of the sidewalks (bumps, uneven, tilted, tree roots, poles, etc.), narrow or wide sidewalks, cycling lanes, bicycles on sidewalks, tactile pavement on sidewalks for people with visual impairments, beeping sounds on crossings with traffic lights, pedestrian streets in the city center, availability of accessible toilets, if there are lots of steep streets, etc.
- **Example:** Streets in Osaka are mainly flat. Sidewalks on main streets are mostly wide and well maintained. All main streets have tactile pavement and curb cuts -most at nearly zero level-. There are no sidewalks on side streets. All traffic lights have a button to trigger beeping sounds for people with visual impairments, although there are crossings with narrower streets without traffic lights. There are not many cycling lanes and bicycles sometimes use the sidewalk. There's not much difference between the city center and other areas. In touristic areas there are some streets reserved only for pedestrians. Aside from train and subway stations, some public areas -specially in parks- also have accessible toilets.
- **Score:** Overall score for street accessibility from 1 to 5 (e.g. 5; not perfect, but still one of the most accessible in the world).

Restaurants & shops

In general terms, are restaurants and shops wheelchair accessible in your city (**2 to 10 lines**).

- **Interesting things to know are:** If entrances are accessible, if inside is wide enough to navigate, if there are tables with removable chairs or there are lots of high counters, if there are places -such as shopping malls- that will be for sure accessible, if availability of accessible toilets is common, etc.
- **Example:** Only about 40-50% of shops and restaurant entrances are wheelchair accessible. Some of them are zero level and some others have ramps. All ramps are different in size and length, some of them are quite steep. The inside of small shops and restaurants is usually really narrow and many traditional bars have only high counters. Nevertheless, as there are so many -even in areas where restaurant and shop accessibility may not be good-, if you look around a bit, you will always find an accessible place nearby. Shopping malls are a safe bet and they also have traditional food. Outside shopping malls, not many restaurants have accessible toilets.
- **Score:** Overall score for restaurants & shops accessibility from 1 to 5 (e.g. 3; not really good, but the sheer amount of options compensates a little bit).

Hotels & accommodation

Is it easy to find wheelchair accessible hotels in your city? How do regular rooms tend to be? Are there other accommodation options? You can also share specific useful tips, if any, to find accessible accommodation (**2 to 15 lines**).

- **Interesting things to know are:** If hotels usually have elevators, if rooms are small or big and have enough clearance for a wheelchair to turn and to pass, if it's common for hotels to have wheelchair accessible rooms, etc.
- **Example:** Not many hotels in Osaka have wheelchair accessible rooms per se. In general, hotels -even if they mostly have elevators- tend to have really small regular rooms (wheelchairs may get to the bed, but not be able to move around the room or even to turn around). Most of them also have a step -between 10 and 30cm- separating the room from the ensuite toilet. Toilets are extremely small. If you need an accessible room, the easiest way is to look for international hotel chains and to always check accessibility details (always ask about steps in the room and to get to the room and about width of doorways) calling the hotel before booking -information on their website may not be trustworthy due to different criteria on accessibility-. Problems with entrances for smaller hotels are similar to the ones described in the previous section. Traditional hotels -aside from single steps separating areas and rooms- usually have tatami flooring and wheelchairs are not usually allowed on them. AirBnB apartments, which is another accommodation option, have similar problems to hotels so always contact the owner before booking. Overall, as accessibility in hotels is bad, try to secure accommodation in advance.

- **Score:** Overall score for hotels & accommodation accessibility from 1 to 5 (e.g. 2; not many options, but, still, there are some).

Tourist attractions

Are the most touristic places or attractions in the city more or less wheelchair accessible (**2 to 15 lines**)? For information on specific tourist attractions, the podcast has another more in-depth section named “Today’s attraction.

- **Interesting things to know:** In general, are touristic places in your city wheelchair accessible both on the outside and on the inside -in case of buildings-? Are there specific barriers to be found in specific types of attractions or due to traditional use of certain pavements, etc.?
- **Example:** In Osaka, all main tourist attractions are wheelchair accessible on the outside -some of the best touristic places are exclusively outdoors, as they are city areas (e.g. Dotonbori or Shinsekai) or galleries (near Namba or Umeda), instead of specific buildings-. As for buildings, all skyscrapers are wheelchair accessible, but, for ferris wheel enthusiasts, only the port ferris wheel is. The Osaka castle is wheelchair accessible and the surrounding park too, although there are some steep slopes where some manual wheelchair users may need help. In other outdoor settings, the only problem that may be found is around some temples where gravel is quite common. Also, the inside of temples have many inaccessible areas due to many steps, but temples are not Osaka’s main attraction and, besides, they are still worth a visit (especially, Shitennoji), if you’re not going to the nearby Kyoto or Nara.
- **Score:** Overall score for tourist attractions accessibility from 1 to 5 (e.g. 4; quite good, except for the inside in some traditional buildings and gravel in some temples).

Getting there:

Is it easy to get to the city from nearby cities or from other main cities in the country or the continent? Is it easy to transfer to the city center from the airport, the ferry terminal or the main train station (**2 to 15 lines**)?

- **Interesting things to know:** If there is accessible public transport to go from the main transportation hubs to the city center, if there’s high frequency or if trains, buses, etc., only pass every hour, if there are accessible shuttle buses, if accessible taxis or rental cars are the only option, etc.
- **Example:** Osaka has two airports, one international airport (Kansai International Airport) that connects to many cities in Asia and some in Europe and North America and an airport with mostly domestic flights (Itami) where international passengers coming from transfers in Tokyo arrive. Kansai airport has easy city center access to Namba station via accessible train that has high frequency (it’s a 45 minute ride). Itami

has an accessible monorail station that connects to the main subway line, the red Midosuji line that goes to the city center either in Namba or Umeda (see transportation section for more details on transportation accessibility). You can also get to Osaka from other cities in Japan by Shinkansen (bullet train), which is also wheelchair accessible (wheelchair seating needs to be booked in advance). The bullet train station, Shin-Osaka, is also directly connected to the subway's main line. Finally, if you get to Osaka via one of its ferry terminals, all have nearby accessible subway stations that can get you to the city center with one transfer maximum.

- **Score:** Overall score for getting there accessibility from 1 to 5 (e.g. 5; no need to plan in advance for accessible transportation, as all arrivals have accessible and high-frequency options).

Overall score ☆☆☆☆☆

Average score adding up all the accessibility scores from the previous areas.

- **Score:** (e.g. 24/30; overall 4.0 stars).
- **Summary** (optional): You can also write a 1 or 3 line summary to complement the rating (e.g. Osaka is a really accessible destination. The only thing that needs real planning before going is accommodation and, once you're there, maybe, some specific restaurant options, all the rest is mostly accessible).